

November Senior Center Gazette 2004

Remember to Vote!

Election Day, Tuesday, Nov. 2



**Annual Holiday Boutique
& Sweet Shop
Friday, November 5
10:00 am to 2:30 pm**

Fremont Senior Center Crafts classes (including Quilting, Wood Carvers, and Crafts), plus many talented individuals have prepared wonderful items for you to view and purchase. We will also have tasty sweets and baked goods for you to eat and share with your family and friends. So get into the holiday spirit and attend the Annual Holiday Boutique & Sweet Shop on Friday, November 5!



**Thursday, Nov. 11
Veteran's Day
Holiday - Senior
Center Closed**

**Wednesday, November 10
11:30 am & Lunch
Veteran's Day Celebration**

We want to recognize and celebrate with all of our senior veterans. Wear your service caps, awards, shirts, etc. and join in our Veteran's Day Celebration.

**November Birthday Party
Friday, Nov. 12, 1:30 pm**

The Santa Clara Players will perform a one act play for a the Birthday Party celebration. Please join us for cake, ice cream, & coffee. A drawing with prizes will be held for seniors who celebrate November birthdays.

**The Senior Center
will be closed
Thursday, November 25 and
Friday, November 26
for Thanksgiving Holidays.**

COMMUNITY SERVICES

SENIOR SERVICES.....	574-2050
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Local van group trips for shut-ins.....	574-2082
Tri-City Elder Coalition.....	574-2064
LIFE ELDERCARE.....	574-2090
Caregivers Support.....	574-2035
Home Services Registry.....	574-2095
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
TRANSPORTATION ASSISTANCE	
AC Transit Information*.....	511
City of Fremont Paratransit Program.....	574-2053
East Bay Paratransit Program.....	1-800-555-8085
HOUSING ASSISTANCE(OFFICE OF NEIGHBORHOODS).....	494-4500
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
SOCIAL SECURITY.....	1-800-SSA-1213
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING(HICAP).....	839-0393
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SENIOR PEER COUNSELING.....	574-2063
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993

***511 is a new toll-free voice activated phone service. Call 511 for information on AC Transit BART, road conditions and trip planning.**



Happy Thanksgiving to All!

Chef Riley will be preparing a
**Special Thanksgiving Luncheon
Tuesday, November 23, 1 pm**
With Roasted Turkey, Stuffing
Mashed Potatoes & Gravy,
Cranberry Sauce, Vegetable, Salad,
Roll, & Pumpkin Pie
\$5 - Senior Center Members
\$6 - non-members over 55
\$7 - "youngsters" under 55

Flu Shot Day - Big Success!!

Thanks to our terrific volunteers and Sutter VNA who helped with Flu Shots this year. We were fortunate to receive vaccine for over 360 people. No one was turned away who was 65 or older or had a Center for Disease Control exception.

**Help Decorate the Senior Center
for the Holidays!
Tuesday, Nov. 30, 10 am-2 pm**
Hot cider & cookies served

November Speakers

Tuesday, November 9, 1 pm

**Dr. Gary Basrai
Prescription Medication Seminar
Drug Interactions & Side Effects**

Dr. Basrai owns several local pharmacies including Haller's Medical Pharmacy, Mowry Medical Pharmacy and Newark Pharmacy. His talk will focus on drug interactions & side effects & related issues. Participants are welcome to bring in prescriptions they take to ask questions.

Tuesday, November 30, 1 pm

**Senior Smoke Alarm Safety
Fremont Fire Department**
What you should know about fire protection in your home.

Looking Forward to December:

Friday, Dec. 10, 1:30 pm
Birthday Party with Singers from
Senior Center Singers &
Mission San Jose High School.

Monday, Dec. 20, 9:00 am
Grandparent's & Grandchildren's
Breakfast with Santa and the
Prince of Peace Hand Bell Choir

**The Senior Center will be
closed for a holiday break
on Tuesday, December 21
and reopening on
Monday, January 3, 2005**



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.